



# NAES LAKEHURST

## NAVY REGION NORTHEAST



### SAFETY AND HEALTH NEWSLETTER

**FY04 CNO ACHIEVEMENT IN SAFETY ASHORE AWARD, MEDIUM INDUSTRIAL ACTIVITY**

**FY04 SECNAV ACHIEVEMENT IN SAFETY ASHORE AWARD, MEDIUM INDUSTRIAL**

**2005 DEPARTMENT OF THE NAVY SAFETY EXCELLENCE AWARD WINNER**

**December 2005**

**NAES LAKEHURST SAFETY DEPARTMENT**

**VOLUME 9. ISSUE 3**

## Drinking and Driving Kills

**During 2004, 16,694 people in the U.S. died in alcohol-related motor vehicle crashes, representing 39% of all traffic-related deaths (NHTSA 2005).**

**In 2004, about 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics (Department of Justice, 2004).**

**More than two-thirds of child passengers ages 14 and younger who died in alcohol-related crashes during 1997–2002 were riding with the drinking driver; only 32% of them were properly restrained at the time of the crash (Shults 2004).**

**It's easy to forget that dry statistics represent real people and real lives.**

Every single injury and death caused by drunk driving is totally preventable. Drunk driving remains a serious national problem that tragically affects thousands of victims annually.

While society has done much to improve highway safety, you can do much to protect yourself. Don't drink and drive and don't ride with anyone who has too much to drink. Remember, it is usually themselves and their passengers who are harmed by drunk drivers. The risk of collision for high BAC drivers is several hundred times higher than for a non-drinking driver.

### HERO CAMPAIGN

The HERO campaign promotes designated drivers for people who are intoxicated. HERO is an acronym for Human Education Resources Officer. Ensign John Elliot served as a HERO during all four years he attended the Naval Academy. Ensign Elliot was killed in a tragic car accident just two months after his graduation from the Naval Academy in the early morning hours of Saturday, July 22, 2000, when the driver of a sport utility vehicle swerved into his lane and struck his vehicle. The driver of the sport utility vehicle had been arrested three hours earlier for Driving While Intoxicated (DWI). After his release from the New Jersey State Police, the person charged with DWI resumed driving, hit Ensign Elliot's car and killed them both. Ensign Elliot's parents chartered the HERO campaign to promote sober driving and the concept of designated drivers in order to prevent needless drunk driving fatalities, injuries and accidents.

The HERO campaign slogan is "Drive sober and don't let friends drink and drive." This program also promotes character-development education and personal responsibility. For more information and to find out how to order campaign materials, visit [www.herocampaign.org](http://www.herocampaign.org).

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Do you have any safety related topics you would like to see in our publication or have questions, contact us at x2525.



# SNOW SHOVELING AND SNOW BLOWER SAFETY TIPS



## THE SNOW BLOWER

Big snowfalls mean hauling out the snow blower, but remember to be careful. Statistics from the Centers for Disease Control and Prevention show that snow blower accidents cause more than 5,300 emergency department visits and 1,000 amputations each year.

To keep from becoming one of the above statistics, follow the below listed safety tips for operating a snow blower.

- Read your owner's manual thoroughly and understand all of the recommended safety procedures before turning on your snow thrower.
- Never allow children to operate equipment.
- Keep the area of operation clear of all people -- particularly small children -- and pets.
- The snow can sometimes hide objects that might clog the chute, or otherwise cause damage. You should clear the area of doormats, sleds, boards, wires and other debris.
- Be careful never to throw snow towards people or cars, and never allow anyone in front of your snow thrower.
- If you have to repair your machine, remove an object, or unclog built up snow from the auger blades or chute, always turn the snow thrower off and wait for all moving parts to come to a complete stop. Disconnect the spark plug wire, or for electrics, disconnect the cord.
- Never put your hands inside the auger or chute -- use a stick to unclog the snow thrower.
- Keep hands and feet away from all moving parts.
- Dress properly for the job. Be sure to wear adequate winter garments and footwear that will improve footing on slippery surfaces. Wear safety glasses, and avoid any loose fitting clothing that could get caught in moving parts. Be careful of long hair.
- Handle gas carefully. Avoid spillage by using non-spill containers with spouts. Fill up before you start, while the engine is cold. Store gas in a clean, dry, ventilated area, and never near a pilot light, stove, or heat source. Never smoke around gasoline.
- Do not clear snow across the face of slopes. Use extreme caution when changing direction on slopes. Do not attempt to clear steep slopes.
- Never operate the snow thrower without good visibility or light. Always be sure of your footing and keep a firm hold on the handles. Walk -- never run.
- Make sure when purchasing a machine, it has a dead man's switch which shuts down the auger or the snow blower's engine when you let it go. In 1970 the American National Standards Institute passed regulations requiring manufacturers to include a dead man's switch or kill switch on snow blowers.
- If your machine is old, contact the manufacturer and see if a dead man safety switch can be installed. If not, it may be time to buy a new snow blower.



Operating a snow blower in a less than well ventilated area (deep snow drift) has led to mild carbon monoxide intoxication which could explain why a person would put their hand into a moving snow blower. If you start to feel strange, stop the snow blower and get some fresh air.

## SNOW SHOVELING

The good news is that fifteen minutes of snow shoveling counts as moderate physical activity. The bad news is that researchers have reported an increase in the number of fatal heart attacks among snow shovelers after heavy snowfalls. This rise may be due to the sudden demand that shoveling places on one's heart.



One study determined that after only two minutes of shoveling, a sedentary man's heart rates rose to levels higher than those normally recommended during aerobic exercise. Shoveling can be made more difficult by the weather -- cold air makes it harder to work and breathe, which adds some extra strain on the body. There is also the risk for hypothermia.

To get a good handle on snow shoveling follow the safety tips below.

- Individuals over the age of 40, or those who are relatively inactive, should be especially careful.
- If you have a history of heart trouble, do not shovel without a doctor's permission.
- Do not shovel after eating or while smoking.
- Take it slow! Shoveling (like lifting weights) can raise your heart rate and blood pressure dramatically; so pace yourself. Be sure to stretch out and warm up before taking on the task.
- Shovel only fresh snow. Freshly fallen, powdery snow is easier to shovel wet, packed- down variety.
- Push the snow as you shovel. It's easier on your back than lifting the snow out of the way.
- Don't pick up too much at once. Use a small shovel, or fill only one-fourth or one-half of a large one.
- Lift with your legs bent, not your back. Keep your back straight. By bending and "sitting" into the movement, you'll keep your spine upright and less stressed. Your shoulders, torso and thighs can do the work for you.
- Do not work to the point of exhaustion. If you run out of breath, take a break. If you feel tightness in your chest, stop immediately.
- Dress warmly. Remember that extremities, such as the nose, ears, hands and feet, need extra attention during winter's cold. Wear a turtleneck sweater, cap, scarf, face protection, mittens, wool socks and waterproof boots.
- If one needs to pick up the snow rather than push it then breathe out as you are picking it up. This puts a whole lot less stress on the heart.



Now that we have completed shoveling or using the snow blower safely, there is time to build a snowman with the family.



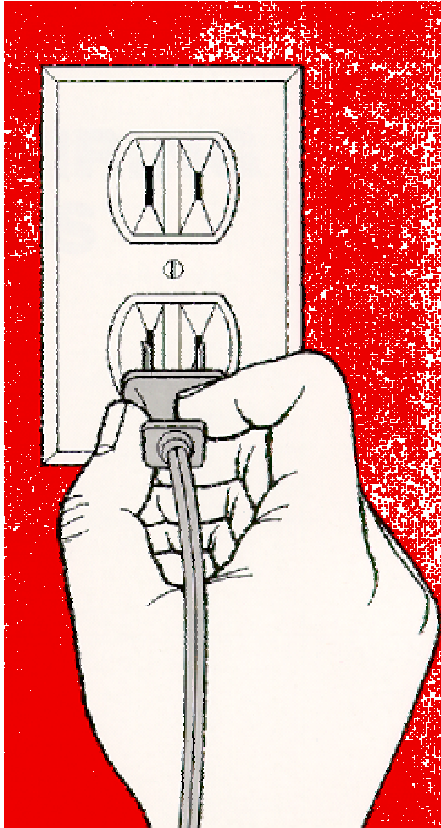
**HAPPY HOLIDAYS FROM ALL OF US AT THE  
SAFETY DEPARTMENT**

# Home Electrical Safety Tips

The Consumer Product Safety Commission (CPSC) estimates that there are about 46,000 fires involving the home electrical distribution system each year. These fires result in 440 deaths, 1420 injuries and \$434 million in property losses.

**Electricity is useful but can be dangerous.** Your home electrical system provides energy to heat/cool your home, cook, drive power tools and perform many other useful functions. However, this same energy can start fires or cause electrical shock if problems with this system are ignored or abused.

*Here are some checks you can make in your home today to ensure electrical safety.*



## Outlets

Check for outlets that have loose-fitting plugs, which can overheat and lead to fire. Replace any missing or broken wall plates. Make sure there are safety covers on all unused outlets that are accessible to children.

## Cords

Make sure cords are in good condition—not frayed or cracked. Make sure they are placed out of traffic areas. Cords should never be nailed or stapled to the wall, baseboard or to another object. Do not place cords under carpets or rugs or rest any furniture on them.

## Extension Cords

Check to see that cords are not overloaded. Additionally, extension cords should only be used on a temporary basis; they are not intended as permanent household wiring. Make sure extension cords have safety closures to help prevent young children from shock hazards and mouth burn injuries.

## Plugs

Make sure your plugs fit your outlets. Never remove the ground pin (the third prong) to make a three-prong fit a two-conductor outlet; this could lead to an electrical shock. **NEVER FORCE A PLUG INTO AN OUTLET IF IT DOESN'T FIT.** Plugs should fit securely into outlets. Avoid overloading outlets with too many appliances.

## Ground Fault Circuit Interrupters (GFCIs)

GFCIs can help prevent electrocution. They should be used in any area where water and electricity may come into contact. When a GFCI senses current leakage in an electrical circuit, it assumes a ground fault has occurred. It then interrupts power fast enough to help prevent serious injury from electrical shock. Test GFCIs according to the manufacturer's instructions monthly and after major electrical storms to make sure they are working properly. Replace all GFCIs that are not working properly, but never replace a GFCI with a standard non-GFCI outlet or circuit breaker. Do not use an appliance or device that trips a GFCI on a nonGFCI-protected circuit; instead, take the appliance to authorized repair center to be checked for faulty wiring or replace it.

## Light Bulbs

Check the wattage of all bulbs in light fixtures to make sure they are the correct wattage for the size of the fixture. Replace bulbs that have higher wattage than recommended; if you don't know the correct wattage, check with the manufacturer of the fixture. Make sure bulbs are screwed in securely; loose bulbs may overheat.

## Circuit Breakers/Fuses

Circuit breakers and fuses should be the correct size current rating for their circuit. If you do not know the correct size, have an electrician identify and label the size to be used. Always replace a fuse with the correctly specified size fuse.

## Water and Electricity Don't Mix

Don't leave plugged-in appliances where they might fall in contact with water. If a plugged-in appliance falls into water, NEVER reach in to pull it out—even if it's turned off. First turn off the power source at the panel board and then unplug the appliance. If you have an appliance that has gotten wet, don't use it until it has been checked by a qualified repair person.

## Appliances

If an appliance repeatedly blows a fuse, trips a circuit breaker or if it has given you a shock, unplug it and have it repaired or replaced.

## Entertainment/Computer Equipment

Check to see that the equipment is in good condition and working properly. Look for cracks or damage in wiring, plugs and connectors. Use a surge protector bearing the seal of a nationally recognized certification agency.

## Outdoor Safety

Electric-powered mowers and other electric tools should not be used in the rain, on wet grass or in wet conditions. Inspect power tools and electric lawn mowers before each use for frayed power cords, broken plugs and cracked or broken housings. If any part is damaged, stop using it immediately. Repair it or replace it. Always use an extension cord marked for outdoor use and rated for the power needs of your tools. Remember to unplug all portable power tools when not in use. When using ladders, watch out for overhead wires and power lines.

## Ladders

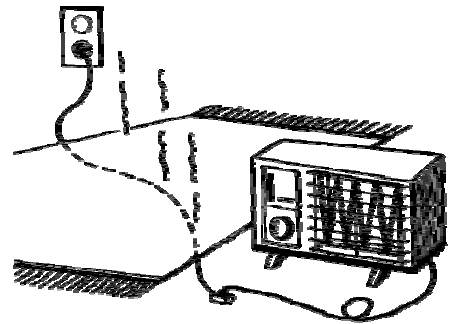
When using ladders, avoid contact with overhead wires and power lines. Stay at least 10 feet from all lines.

## Lightning

During an electrical storm, do not use appliances (i.e., hairdryers, toasters and radios) or telephones (except in an emergency); do not take a bath or shower; keep batteries on hand for flashlights and radios in case of a power

## Space Heaters

Space heaters are meant to supply supplemental heat. Keep space heaters at least 3 ft. away from any combustible materials such as bedding, clothing, draperies, furniture and rugs. Don't use in rooms where children are unsupervised and remember to turn off and unplug when not in use. Do not use space heaters with extension cords; plug directly into an outlet on a relatively unburdened circuit.



## Halogen Floor Lamps

Halogen floor lamps operate at much higher temperatures than a standard incandescent light bulb. Never place a halogen floor lamp where it could come in contact with draperies, clothing or other combustible materials. Be sure to turn the lamp off whenever you leave the room for an extended period of time and never use torchiere lamps in children's bedrooms or playrooms. Consider using cooler fluorescent floor lamps.

## Wiring

Unless you are qualified and experienced in electrical work, consider hiring a licensed electrician for electrical repairs, maintenance and installations. If you elect to perform such work, make sure you follow these safety basics:

Never work on or around “hot” lines. Always de-energize lines and equipment by disconnecting from the power source at the circuit breakers or fuses. Don't forget to test every conductor before you make contact with it.

Never use the ground wire as the neutral or circuit-carrying conductor. The ground wire is not designed to carry current continuously, but briefly under an abnormal condition. The neutral wire is designed as a current carrier and can carry as much current as the hot wire. Use a strip gauge on devices to strip the proper length of insulation from wires. Too little risks the screw tightening on plastic insulation; too much leaves bare wires that can cause a dangerous contact. When using wire connectors, be sure the insulation on the wires is completely covered by the wire connector.

If you have an electrical safety question or concerns, please contact the Safety Office at extension 2525.



# H A Z A R D A L E R T

## CPSC, Chuck E. Cheese's Announce Recall of Plastic Siren Whistles

WASHINGTON, D.C. - The U.S.

Consumer Product Safety Commission, in cooperation with the firm named below, today announced a

voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed.



**Name of Product:** Plastic Siren Whistle

**Units:** About 144,000

**Manufacturer:** Chuck E. Cheese's (CEC Entertainment), of Irving, Texas

**Hazard:** The recalled plastic siren whistle's internal pieces can detach from the toy, posing a choking hazard to children.

**Incidents/Injuries:** Chuck E. Cheese's has received four reports of children starting to choke and three reports of children swallowing pieces of the plastic siren whistle.

**Description:** The recalled plastic siren whistle is a red, green or purple tube with small plastic pieces inside. The whistle is about 2-inches long and 3/4- inch wide. The toy whistles were distributed as prizes at Chuck E. Cheese's by redeeming 15 tickets earned by playing games.

**Sold at:** Chuck E. Cheese's nationwide from July 2005 through August 2005.

**Manufactured in:** China

**Remedy:** Consumers should immediately take the recalled plastic siren whistle away from children and discard it. Free replacement whistles can be obtained by visiting any Chuck E. Cheese's or contacting the company.

**Consumer Contact:** For additional information, contact CEC Entertainment Inc. at (888) 778-7193 from 8 a.m. to 5 p.m. CT Monday through Friday, or visit the firm's Web site at [www.chuckecheese.com](http://www.chuckecheese.com)

## CPSC, Dell Announce Recall of Notebook Computer Batteries



WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, today announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed.

**Name of Product:** Dell Notebook Computer Batteries

**Units:** About 22,000 in the U.S.

**Manufacturer/Distributor:** Dell Inc., of Round Rock, Texas  
**Hazard:** These batteries can overheat, which could pose a fire risk.

**Incidents/Injuries:** Dell has received three reports of batteries overheating. The incidents involved damage to a tabletop, a desktop, and minor damage to personal effects. No injuries have been reported.

**Description:** The recalled batteries were sold with the following Dell notebook computers: Latitude™ D410, D505, D510, D600, D610, D800, D810; Inspiron™ 510M, 600M, 6000, 8600, 9200, 9300, XPS Gen 2; and Dell Precision™ M20 and M70 mobile workstations. The batteries were also sold separately, including as secondary batteries and in response to service calls. The batteries insert into the battery bay located on the underside of the notebook. "Dell" and "Made in Japan" or "Made in China" are stamped on the batteries. The identification number for each battery appears on a white sticker. Customers should have this number available when they contact Dell to determine if their battery is part of the recall.

**Sold at:** Dell sold these batteries with the notebook computers, as part of a service replacement, and as individual units on its Web site and catalogs from October 5, 2004 through October 13, 2005. The computers with these batteries sold for between \$900 and \$2,650, and individual batteries sold for between \$99 and \$179.

**Remedy:** Customers should contact Dell to determine if their notebook computer battery is part of this recall. If it is, consumers should immediately stop using the battery as a power source for their notebook computer. Dell will provide a free replacement battery.

**Consumer Contact:** For additional information, contact Dell toll-free at (866) 342-0011 between 8 a.m. and 5 p.m. CT Monday through Friday, go to the firm's Web site at [www.dellbatteryprogram.com](http://www.dellbatteryprogram.com), or write to: Dell Inc., Attn: Battery Program, 9701 Metric Blvd., Suite 200 Austin, Texas 78758.

**Firm's Media Contact:** Tom Kehoe and Venancio Figueroa III, (512) 725-0281 and (512) 723-1726, [tom\\_kehoe@dell.com](mailto:tom_kehoe@dell.com) and [venancio\\_figueroa@dell.com](mailto:venancio_figueroa@dell.com)